FROM VANITY TO MODESTY

My Testimony and Biblical Lessons on Adornment and Holiness

Mwendwa Mbaabu

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Other translations may occasionally be used.

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Dedication

To every sister who reads this and desires to imitate the holy women of old by doing what is right and refusing to give way to fear.

"Your beauty should not come from outward adornment, such as braided hair or gold jewelry or fine clothes, but from the inner disposition of your heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight. For this is how the holy women of the past adorned themselves. They put their hope in God and were submissive to their husbands, just as Sarah obeyed Abraham and called him lord. And you are her children if you do what is right and refuse to give way to fear." 1 Peter 3:3-6

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Introduction

This book contains my personal testimony on the subject of modesty and aims to provide information I have gathered over the years on the topics of makeup, adornment, jewelry, women's trousers, and head-covering from the scriptures, church history, and early church fathers' teachings. If you would like to do more study on this topic, hopefully, this book will provide a lot of resources and scriptures to aid with this.

This book is not meant to judge anyone, impose my understanding of scripture, or tell anyone how to look or dress. The goal is to share what the Lord has taught me in this area of modesty in case it helps a sister in Christ who may be seeking information and truth on this particular subject.

My convictions came from extensively studying the scriptures to understand God's heart on this subject. I also did a lot of research into early church history to see what the early Christians believed and practiced and looked into world history to understand the origins of some of the things mentioned in my testimony. I pray my testimony will be a blessing to you and provide some things to ponder, study the scriptures on, and pray about.

We shall all stand before the Lord to give an account for everything we do and believe. Therefore, please pray about this matter if you have any questions. As scripture tells us, test all things. Test everything based on God's word, and then ask God to guide you into all truth because only he matters.

For me, the Lord convicted me to change everything about how I dressed, as explained in my testimony. It's been years now, and I have no regrets, and in fact, my conviction is even stronger now. Although I share my testimony briefly, this is a topic where much could be said. This is a very deep topic that touches upon body, soul, and spirit.

This book contains many hyperlinks to external websites, so it is only available as an eBook or PDF.

PART 1: MY TESTIMONY AND BIBLICAL LESSONS ON MODESTY

I No Longer Dress to Kill

When I rededicated my life back to Jesus in April 2023, I was coming from a life of very immodest and seductive dressing. In June 2023, the Lord took me on a journey of relearning what modesty, beauty, and godly womanhood mean from his perspective and word. This journey has completely and radically changed how I dress and view myself. It has also changed how I relate to the world around me and how the world interacts with me.

The way I looked was a huge part of my identity. Sexual freedom and feminism were major aspects of my worldview. I believed that a woman could dress however she liked because I thought her body belonged to her (contrary to *1 Corinthians 6:19-20*).

*"Do you not know that your body is the **temple** of the Holy Spirit, who is in you, whom you have from God, and **you are not your own? For you were bought at a price**; therefore glorify God in your body and in your spirit, which are God's." 1 Corinthians 6:19-20*

How It All Started

This journey started after I came across testimonies of women who claimed to have had divine encounters with the Lord Jesus. These encounters were in the form of either near-death experiences or visions. They said that the Lord revealed to them that the way they dressed and adorned themselves would lead or was leading them to hell. Since I had never really heard any teaching on modesty, dressing, and adornment in churches I had been part of, at first, I did not want to believe these testimonies. I tried to dismiss them, but they kept nagging at my conscience.

Desiring to obey the Lord, I went on a journey of extensively studying the scriptures to understand God's heart on this subject of modesty. I also conducted extensive research into early Christian history to gain a deeper understanding of what early Christians believed and practiced about modesty. And I looked into world history to understand the origins of some of the things mentioned in my testimony. It did not take long for me to be personally convicted by the Word of God and church history to change everything about the way I dressed and adorned myself.

A Slave to My Appearance

My identity and self-worth revolved around my looks and my body for most of my life. The more of my body figure/shape I revealed, the better I seemed to feel about myself. I accentuated the things people complimented me most about to get attention: my legs, lips, eyes, and figure.

All this was quite subconscious, and I would have denied that I was dressing as I did for attention. But I later realized that it was because I was insecure. I did not feel beautiful if I did not look a certain way when I left the house, and I could not even leave the house without applying eyeliner. I would look at myself in the mirror almost every hour, even in public (I honestly have not carried a pocket mirror for over a year, I believe, a miracle in itself).

This spirit of vanity and lust came with a life filled with perversions, same-sex attraction tendencies, and promiscuity. I even delighted in boudoir photography, posting sexy and revealing (even nude) pictures of myself online for a season (back in 2018/19). Because of the way I dressed and appeared, it also influenced the kind of men I drew to myself. Men seemed only interested in my body and did not honor me. Low self-esteem kept me in a negative cycle of seeking external validation.

But praise God that he delivered me from this spirit of vanity and insecurity as I continued to submit to him. Through his word (the Bible), he transformed me and gave me a proper identity and self-respect.

"Charm is deceitful, and beauty is vain: but a woman that fears the LORD, she shall be praised." Proverbs 31:30

What I Learned About Modesty and What I Stopped Putting On

After a period of searching the scriptures and seeking God's heart on the matter, I made a decision based on conviction to no longer wear trousers/pants, make-up, nail polish, any jewelry, or artificial hair (including hair dyeing to change hair color).

It took months for the Holy Spirit to help me fully understand modesty. He showed me that it went even deeper than just dressing. I came to understand the deeper implications of immodesty on the souls and lives of men and women and the implications on society in general. This realization was liberating for me, and dressing modestly became a great source of joy and freedom.

I extensively studied the scriptures, church history, the history of fashion, and the women's rights movement. I also listened to many women's testimonies and read many articles and sermons on the topic. At last, I came away with a conviction that women putting on pants, jewelry, makeup, and artificial adornments (fake nails, hair, eyelashes, body parts, and so forth) does please God.

"And you, O devastated one, what will you do, though you dress yourself in scarlet, though you adorn yourself with gold jewelry, though you enlarge your eyes with paint (this was me, literally)? You adorn yourself in vain; your lovers despise you; they want to take your life." Jeremiah 4:30

The Changes I Made

When the Lord convicted me about modesty in June 2023, I got rid of all my clothes since none were modest. I also got rid of my seductive perfume, nose rings, jewelry, makeup, and high heels.

I had no dresses to wear, but I was obedient to the conviction of the Holy Spirit. It was also difficult because I had no job, and so I could not afford new clothes. But I chose to obey the Lord regardless. I had to borrow about 3 old dresses from my sister before I could buy new clothes. Eventually, the Lord provided for me, and I began to buy modest dresses and skirts.

It was tough for a few months in the beginning after I changed my wardrobe. I felt strange, as I had been wearing only fitting pants most of my life (*skinny jeans and especially leggings were favorites)*. Likewise, when I wore dresses, they were extremely short, revealing, and seductive. I was very self-conscious for a long time. Applying eyeliner was an addiction, and it was tough going without it. It was also uncomfortable not having long hair to hide my forehead behind.

It was a journey of growth. The kind of dresses and skirts I bought evolved as the Holy Spirit taught me what pleased him step by step. The Holy Spirit taught me over time to wear flowing dresses and skirts that do not bring attention to my body or shape or expose my legs. As well as upper clothes that cover my chest and upper arms. I choose to cover up my tattoos, too, even though I know God has forgiven me for marking his body.

"Do you not know that you yourselves are God's temple, and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple." 1 Corinthians 3:16-17

Embracing My Natural Self

I had always hated my natural hair because I found it too coarse. To be honest, I had never known what I looked like with my natural hair or even how it looked because it was always hidden or changed. As a child, I always plaited/braided my hair and permed it when I was around 14. I braided my hair often until I changed to dreadlocks. I also always dyed my hair. In December 2022, I shaved my dreadlocks after Jesus delivered me from alcoholism. The dreadlocks were connected to a life of rebellion.

This is the first time in my life that I have kept my natural hair. It is now 2+ years later (*as of this edit in November 2025*), and my hair has grown long enough to tie into a ponytail, and I still keep it natural and do not plait it (stopped plaiting in November 2024). Salons are an ancient memory; what freedom and money saved. I realized I had believed lies about the hair, as many women do.

It is also the first time I have had a completely natural look without some form of makeup, nail polish, or artificial hair. Discovering the 'Mwendwa' God created rather than the image I created based on my low self-esteem, self-loathing, and worldly standards of beauty has been wonderful.

It has also been liberating to be free from slavery to beauty standards and keeping up with worldly trends and fashions and obsessing over how I look. Financially, it is also a blessing, as I have more to use to help others rather than spend on adorning my body. God truly makes no mistakes. Hating what God has made is something this world has taught us to do, especially as women. If you think about it, it is a great disrespect to a perfect creator.

"Do not be conformed to this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what is the good, pleasing, and perfect will of God." Romans 12:2

Consider the Fruit and Origins of Makeup and Adornment

Jesus said, *"You will know them by their fruit" (Matthew 7:16)*. These fashions and adornments tend to promote vanity, competition, jealousy, insecurity, discontent, comparison with others, financial waste, idolatry, and discontent with how God made us. They also inspire lust and covetousness in self and others and war against godly virtues, femininity, and womanhood. All these things are works of the flesh and contrary to godliness and the fruit of the Holy Spirit.

Exchanging God's image for a lie: What God made is good.

The origins, inspiration, and desired ends behind many of these beauty products are also not godly. They typically tend to promote some sense of falsehood as well as conscious or unconscious seduction. The word **"makeup"** itself says it all. They hide what God has made and, in many cases, even seek to correct and replace what God made with a cheap imitation made by men. They seek to replace God's body parts with others. This is especially so in the case of fake nails, fake eyelashes, fake eyebrows, nail polish, lipstick, plastic surgery, fake body implants, fake or human hair weaves, and all forms of makeup and hair dyes.

God has already made us fearfully and wonderfully with the hair, eyelashes, eyebrows, and nails he gave us. He doesn't make mistakes. He is the one who created our bodies, fearfully and intricately, to reflect his excellence. We are his perfect design and masterpieces, and he does not need correction. **Please reflect prayerfully on the following verses:**

"Then God saw everything that He had made, and indeed it was very good." Genesis 1:31

"Then God said, "Let Us make man in Our image, according to Our likeness." Genesis 1:26

"I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well." Psalm 139:14

"My frame was not hidden from You when I was made in secret, when I was woven together (embroidered/intricately woven) in the depths of the earth." Psalm 139:15

"…and changed the glory of the incorruptible God into an image made like corruptible man—and birds and four-footed animals and creeping things." Romans 1:23

"For we are his workmanship, created in Christ Jesus." Ephesians 2:10

"Woe unto him that striveth with his Maker! Let the potsherd strive with the potsherds of the earth. Shall the clay say to him that fashioneth it, What makest thou? Or thy work, He hath no hands? Woe unto him that saith unto his father, What begettest thou? Or to the woman, what hast thou brought forth? Isaiah 45:9-10

"There is no truth in him (the devil). When he lies, he speaks his native language, because he is a liar and the father of lies." John 8:44

Defiling and destroying God's temple, the body, is a sin.

The Bible tells us that if anyone destroys or defiles the body, which is God's temple, God will destroy him. Many of these beauty products and fake body part extensions, like fake hair, eyebrows, eyelashes, nails, and so forth, tend to harm the body. It is well-documented research that many of these products cause hair loss, cancers, skin issues, and other inner body conditions. The natural nails are gradually destroyed by the fake ones, the natural hair is harmed by the fake hair and bleaches, high heels cause back and leg problems, and plastic surgery has been known to cause severe damage and even lead to death. These things cannot be good if you look at the harm they cause over time to the body. High

"Do you not know that you yourselves are God's temple, and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple." 1 Corinthians 3:16-17

*"Do you not know that your body is the **temple** of the Holy Spirit who is in you, whom you have from God, and **you are not your own**? **For you were bought at a price**; therefore glorify God in your body and in your spirit, which are God's." 1 Corinthians 6:19-20*

The Carnal Nature Is Contrary to Modesty

Women's bodies are naturally appealing and provocative and inspire lust in men because of the way God wired the sexes. This is why, after the fall, God himself made proper skin coverings to cover up the nakedness of Adam and Eve completely. They had made for themselves fig leaves to cover only their loins, but this was not sufficient.

The carnal nature is driven by passion and lust. When women take liberties to expose their bodies seductively, it stirs up lust in both themselves and men. The born-again Christian has been redeemed from the old nature with its corrupt desires and lusts. They should therefore not dress in a manner that stirs up lust. This is why God emphasizes modesty. Modest dressing is a natural fruit of being regenerated and having the Holy Spirit abiding in us.

"Those who belong to Christ Jesus have crucified the flesh with its passions and desires/lusts." Galatians 5:24

"For to be carnally minded is death; but to be spiritually minded is life and peace." Romans 8:6

Gender Considerations in Dress

I now, by God's grace and mercy, aim to dress modestly, guided by what the Apostles Paul and Peter instructed in *1 Peter 3:3-5* and *1 Timothy 2:9-10*, respectively. And also adhering to the distinction of dress for genders instructed by God in *Deuteronomy 22:5*.

My Conviction About Pants/Trousers

"A woman must not wear men's clothing, and a man must not wear women's clothing, for whoever does these things is detestable (an abomination) to the LORD your God." Deuteronomy 22:5

Pants were originally made for men and were considered and designated as menswear for centuries among believers and unbelievers alike. Even in the Old Testament, trousers are mentioned as menswear (*scriptures below*).

I became convinced to stop wearing them after doing my research on the history of pants. Women began to adopt them as women's wear, influenced by the women's rights/feminist movement in the 1850s, and gradually this spread across the world in the 20th century. This convinced me that women's pants violated God's instruction in *Deuteronomy 22:5* that the genders should be distinct even in dressing.

Bible verses on trousers and gender distinction in dress:

- *Deuteronomy 22:5: The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God.*
- *Genesis 1:27: So God created man in His own image; in the image of God He created him; male and female He created them.*
- *Exodus 28:42: And you (male priests) shall make for them linen trousers to cover their nakedness; they shall reach from the waist to the thighs.*
- *Leviticus 16:4: He shall put the holy linen tunic and the linen trousers on his body; he shall be girded with a linen sash, and with the linen turban he shall be attired. These are holy garments. Therefore, he shall wash his body in water, and put them on.*

- *Leviticus 6:10: And the priest shall put on his linen garment, and his linen trousers he shall put on his body, and take up the ashes of the burnt offering which the fire has consumed on the altar, and he shall put them beside the altar.*
- *Daniel 3:21: Then these men were bound in their coats, their trousers, their turbans, and their other garments, and were cast into the midst of the burning fiery furnace (in Babylon, the men wore trousers).*
- *Ezekiel 44:18: They (male priests) shall have linen turbans on their heads and linen trousers on their bodies; they shall not clothe themselves with anything that causes sweat.*
- *1 Corinthians 6:9: Or do you not know that the unrighteous ones will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor* ***effeminate*** *(men acting as women, and this means the converse is not allowed for women since God hates blurring of gender roles), nor homosexuals…*

God Desires Distinction Among the Sexes, Even in Dress

In the beginning, God made them male and female. God made Adam and Eve with distinct differences and roles. The issue of the sexes being distinct and separate, even in dress, therefore, is something that matters to God. This is why he warned against women and men putting on each other's items of clothing.

When the sexes start getting mixed up, gender roles become blurred, and the result is that headship in society, church, and home, as God ordained it, gets destroyed. The result is the breakdown and chaos we can now see in the gender redefinition agenda that's happening worldwide, and also the escalating transgender agenda.

The blurring of genders has also led to the growing popularity of the LGBTQ+ movement, family breakdown and collapse, societal confusion with women wanting to be like men in all respects and not wanting children, and men losing their God-given masculinity and ability to lead. I truly believe this is all connected to gender lines being blurred over the years, starting with the area of dressing.

I also noticed that wearing pants changed the way I (and other women) walked, sat, talked, and carried myself, and made me more masculine in some ways and also more seductive due to their

design. After I started wearing only modest dresses and skirts, it completely changed how I walked, sat, and carried myself and made me more reverent and feminine even in my behavior.

Biblical Femininity, and Gender Identity

"Likewise, I want the women to adorn themselves with respectable apparel, with modesty, and with self-control, not with braided hair or gold or pearls or expensive clothes, but with good deeds, as is proper for women who profess to worship God. 1 Timothy 2:9-10

I now no longer get my identity from how I look, and I cover up my body. I do not aim to draw attention to myself or my body by how I dress. Keeping natural has been quite liberating and taught me to appreciate myself as God made me.

I now, by the grace of God, love myself for who I am and how I am. It has been very healing and freeing for someone who was so attached and even enslaved to her looks before.

I discovered how to be a godly and feminine woman for the first time through God's word and modest dress. This was strange for me in the beginning since I had been a "*tomboy*" from childhood. I always had masculine tendencies. My gender identity was distorted for most of my life. This distortion was caused by a lifetime of sin, trauma, demonic influence, and confusion.

Changing how I dress has taught me modesty at a deeper level. The issue of modesty is a heart and soul issue. I now understand submission at a very deep level. Before, I was opposed to the idea of wives submitting to husbands because I was a feminist. I was also very opposed to biblical gender roles in general because I exalted "self" too much.

"Your beauty should not come from outward adornment, such as braided hair or gold jewelry or fine clothes, but from the inner disposition of your heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight. ***For this is how the holy women of the past adorned themselves****. They put their hope in God and were submissive to their husbands, just as* ***Sarah*** *obeyed Abraham and called him lord. And you are her children if you do what is right and refuse to give way to fear." 1 Peter 3:3-*6

Modesty and Cultivating Virtue

The apostles Paul and Peter both encourage women to cultivate their inner beauty rather than physical beauty. I strongly believe they both understood the innate temptation for all women to want to flaunt their physical beauty and even use it to their advantage; it's a natural effect of the fall.

Peter says our beauty should come from the "*inner disposition of your heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight (1 Peter 3:3-4).*" And Paul says we should adorn ourselves *"with good deeds, as is proper for women who profess to worship God (1 Timothy 2:9-10).*"

When you are dressed seductively, it is impossible to have a meek and quiet spirit. It is also very difficult for women to cultivate good deeds when they are obsessed with physical beauty. This is because all their attention and money will go towards maintaining their physical beauty. The obsession with physical beauty also tends to make women haughty and rebellious. This attitude is contrary to the submissive, gentle, and quiet spirit that God requires of godly women.

The Spirit of Seduction and Worldliness

Many ungodly women in the Bible used their beauty to seduce men to get them to do what they wanted. It is nothing new. I found myself doing the same almost unconsciously. It all began when the serpent seduced Eve to covet the forbidden fruit. She, in turn, seduced her husband into sinning against God. This desire in women to seduce is part of the curse of the fall. ("*And you will desire to control your husband, but he will rule over you." Genesis 3:16*)

An example of a woman who used her beauty for seduction is Jezebel. She painted her face to try and seduce the prophet Jehu, who had come to kill her for her wickedness. *2 Kings 9:30 says, "And when Jehu was come to Jezreel, Jezebel heard of it; and she painted her face, and tired her head, and looked out at a window.*"

Delilah, Potiphar's wife, and Herodias and her daughter Salome are other wicked women who used their bodies and beauty and adornment to seduce men to get what they wanted.

In total contrast, the holy women of old in the Bible, such as Sarah, mentioned in *1 Peter 3:3-6*, beautified themselves with the inner disposition of the heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight. We are to imitate these godly women and not the ungodly examples above.

Honoring God with Our Bodies Is the Heart of Modesty

God has made us perfect; He said that all He created was good (*Genesis 1:31*). We do not need to add on to what he has made and change it. I believe that is creating another image that hides and robs God of His glory.

It is not bad to dress well and look beautiful, but we must always stick to biblical standards of modesty. Modesty glorifies God because virtue is exalted. It also leads to fewer struggles with sin and flesh for both women and men. Immodest dressing breeds idolatry, greed, covetousness, waste, lust, and adultery, which are all works of the flesh and sin. This does not please God. Additionally, when women dress immodestly, men naturally stop honoring and respecting them and view them as sex objects.

"Therefore, glorify God in your body and in your spirit, which are God's." 1 Corinthians 6:19-20

Being Our Brother's Keeper

When we expose our bodies as women or dress seductively, we are not being our brothers' keepers. Seductive and extravagant dressing leads others to lust after us and our bodies. When we ignite lust or jealousy in others, we become seductresses, stumbling blocks, and idolaters. The daughters of Jesus cannot be seducers. We are not to draw attention and glory to ourselves, our bodies, clothes, and beauty. Instead, as modest women, we draw attention to Jesus through our character and good works.

"But if anyone causes one of these little ones who believe in Me to stumble (fall into sin), it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea. Woe to the world for the causes of sin. These stumbling blocks must come, but woe to the man through whom they come!" Matthew 18:6-7

"For you, brothers, were called to freedom; but do not use your freedom as an opportunity for the flesh. Rather, serve one another in love." Galatians 5:13

"Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves. Each of you should look not only to your own interests, but also to the interests of others." Philippians 2:3-4

"We who are strong ought to bear with the shortcomings of the weak and not to please ourselves. Each of us should please his neighbor for his good, to build him up. For even Christ did not please Himself." Romans 15:1-3

Worldliness Is Contrary to Holiness

God demands holiness, for without holiness no man shall see God (*Hebrews 12:14*). Holiness within shines outwardly too through modesty. Modesty is a form of self-control and humility, which are fruits of the Spirit. The spirit of the world is one of passion and lust. But God calls his children to be separate from the spirit of this world and be holy.

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth forever." 1 John 2:15-17

God Sanctifies Our Spirit, Soul, and Body

The scriptures below speak about how we are to honor God with our bodies through holiness. Take time to meditate on them.

"Now may the God of peace Himself sanctify you completely; and may your whole ***spirit, soul, and body*** *be preserved blameless at the coming of our Lord Jesus Christ." 1 Thessalonians 5:23*

"Therefore, having these promises, beloved, let us cleanse ourselves from all ***filthiness of the flesh and spirit****, perfecting holiness in the fear of God." 2 Corinthians 7:1*

"I beseech you therefore, brethren, by the mercies of God, that ye ***present your bodies a living sacrifice, holy, acceptable unto God****, which is your reasonable service." Romans 12:1*

"Do you not know that ***your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own****? For you were bought at a price;* ***therefore glorify God in your body and in your spirit, which are God's****." 1 Corinthians 6:19-20*

Head Coverings for Christian Women

Closely related to the topic of modesty is the biblical practice of head covering in the Christian Church. This is a physical sign of submission to God and respect for gender roles and divine order as ordained by God.

In *1 Corinthians 11*:2-16, the Bible says that women must cover their heads when praying or prophesying in the church. This was not Paul's opinion but a command and tradition for all churches, rooted in creation order and spiritual authority.

"But I would have you know, that the head of every man is Christ; and the head of the woman is the man; and the head of Christ is God. Every man praying or prophesying, having his head covered, dishonoureth his head. But every woman that prayeth or prophesieth with her head uncovered dishonoureth her head: for that is even all one as if she were shaven. For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered…For this cause ought the woman to have power on her head because of the angels." 1 Corinthians 11:3-6, 10

Paul's appeal to the presence of angels, as well as to creation order, shows that this instruction transcends culture and was intended for all churches.

Practicing head covering has helped me learn submission more deeply and walk in obedience to God. It has also helped me embrace and appreciate my identity and place as a woman.

My Conviction About Jewelry

Old Testament on jewelry:

As I studied the Bible, I realized that the origins of jewelry in the Bible were with pagan nations such as **Egypt**, **Babylon**, and also the **Ishmaelites** (*Exodus 3:22, Judges 8:24, Genesis 35:1-4, Exodus 32:2-4)*. The Israelites picked up these habits of wearing jewelry from pagan nations despite God's warning to them not to copy what pagans did. When God asked the Israelites to take gold and silver from Egypt, it was not meant for adornment but for wealth. This wealth could be used for trade, and later it was also used to build aspects of God's Ark of the Covenant, tabernacle, and temple.

God asked the Israelites to put away their ornaments before he could deal with them, as they were stiff-necked (*Exodus 33:4-6*). Jacob asked his family to put away their earrings and foreign gods before they went to worship God at Bethel (*Genesis 35:1-4*). We also see that the children of Israel asked Aaron to make them a golden calf, and he used their gold earrings (worn by both men and women) to make this idol (*Exodus 32:1-4*). *Judges 8:24* says that "*the enemies had gold earrings because they were Ishmaelites*." These were pagan practices, and God warned the Israelites not to copy pagan customs (*Deuteronomy 12:4*).

"And you, O devastated one, what will you do, though you dress yourself in scarlet, though you adorn yourself with gold jewelry, though you enlarge your eyes with paint? You adorn yourself in vain; your lovers despise you; they want to take your life." Jeremiah 4:30

"Moreover, the Lord says, "Because the daughters of Zion are haughty and walk with outstretched necks and ***wanton*** *(seductive) eyes, walking and mincing as they go, making a jingling with their feet, therefore the Lord will strike with a scab* t*he crown of the head of the daughters of Zion, and the Lord will uncover their secret parts. In that day the Lord will take away the finery: the jingling anklets, the scarves, and the crescents; the pendants, the bracelets, and the veils; the headdresses, the leg ornaments, and the headbands; the perfume boxes, the charms, and the rings; the nose jewels, the festal apparel, and the mantles; the outer garments, the purses, and the mirrors; the fine linen, the turbans, and the robes. And so it shall be: instead of a sweet smell, there will be a stench; instead of a sash, a rope; instead of well-set hair, baldness; instead of a rich robe, a girding of sackcloth; and branding instead of beauty. Your men shall fall by the sword, and your mighty*

in the war. Her gates shall lament and mourn, and she, being desolate, shall sit on the ground." Isaiah 3:16-26

New Testament on jewelry:

Apostles Paul and Peter repeated this warning against jewelry in the New Testament (*1 Peter 3:1-4, 1 Timothy 2:9-10*). For me, these scriptures were enough to convince me to stop wearing jewelry, and I have not regretted it. The very fact that earrings and nose rings involve **piercing** the body speaks volumes. God warns us against destroying our bodies, for they are his temple. If God wanted holes in our bodies, he would have placed them there. Our bodies are not ours to do with as we please.

"Your beauty should not come from outward adornment, such as braided hair or gold jewelry or fine clothes, but from the inner disposition of your heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight. For this is how the holy women of the past adorned themselves." 1 Peter 3:3-4

"Likewise, I want the women to adorn themselves with respectable apparel, with modesty, and with self-control, not with braided hair or gold or pearls or expensive clothes, but with good deeds, as is proper for women who profess to worship God. 1 Timothy 2:9-10

"Do you not know that you yourselves are God's temple, and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him; for God's temple is holy, and you are that temple." 1 Corinthians 3:16-17

Scriptures to Meditate On

Below are scripture references from my studies and research on the topic of women's dressing, artificial adornment, head covering, inward and outward holiness, and worldliness. I collected and compiled a list of many scriptures in both the New and Old Testaments that touch on those topics and tried to compile them under various subheadings to facilitate reflection and consideration.

It may surprise you what you discover as you humbly meditate on them. May the Holy Spirit give you understanding and illumination in all things. Scriptures are from various translations, mainly KJV, NKJV, and BSB.

1 Peter 3:1-4, 1 Timothy 2:9-10, Psalms 24:4, 1 Corinthians 6:19, 1 Corinthians 3:16-17, 2 Corinthians 7:1,1 Thessalonians 5:23, Exodus 21:5-6, Isaiah 3:16-26, Isaiah 4:1, Deuteronomy 22:5, 1 Corinthians 11:4-6, 1 Corinthians 11:13-16, 2 Corinthians 5:10, Genesis 35:1-5, 1 John 2:15-17, James 4:4-6, Romans 12:1-2, Romans 1:25-26, Exodus 32:2-7, Exodus 33:5-6, Judges 8:24, 2 Samuel 1:24, Hosea 2:13, Proverbs 31:30, Jeremiah 4:30, Jeremiah 13:23, Isaiah 45:9-10, Hosea 2:13, Revelation 17:4, 2 Kings 9:30, Ezekiel 7:19-21, Ezekiel 23:39-40, Exodus 28:42, Ezekiel 44:18, Daniel 3:21, Leviticus 6:10, Leviticus 16:4, Leviticus 19:27-28, Jeremiah 1:5, Psalm 139:14, Revelation 22:15, Isaiah 45:9, Matthew 5:28, Luke 12:7, Matthew 5:36, Proverbs 16:31, Proverbs 20:29, Proverbs 11:22, Isaiah 29:16, Isaiah 46:4, Genesis 3:7,21, Romans 13:8-10, Galatians 6:7, 1 Corinthians 10:23-24, Romans 14:13, Philippians 2:3-4, Romans 15:1-3, Luke 17:1-2, Galatians 5:13, Matthew 18:6-7

Godly attire

- *1 Peter 3:3-4*: Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.
- 1 *Timothy 2:9-10*: In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array; but (which becometh women professing godliness) with good works.
- *Genesis 3:7, 21:* And the eyes of them both were opened, and they knew that they *were* naked; and they sewed fig leaves together, and made themselves aprons…

Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them."

- *Deuteronomy 22:5*: The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God.

Jewelry

- *1 Peter 3:3-4*: Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.
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- *Jeremiah 4:30*: And when thou art spoiled, what wilt thou do? Though thou clothest thyself with crimson, though thou deckest thee with ornaments of gold, though thou rentest thy face with painting, in vain shalt thou make thyself fair; thy lovers will despise thee, they will seek thy life.
- *Hosea 2:13*: And I will visit upon her the days of Baalim, wherein she burned incense to them, and she decked herself with her earrings and her jewels, and she went after her lovers, and forgot me, saith the Lord.
- *Proverbs 11:22*: Like a gold ring in a pig's snout is a beautiful woman without discretion.
- *Genesis 35:1-5*: And God said unto Jacob, Arise, go up to Bethel, and dwell there: and make there an altar unto God, that appeared unto thee when thou fleddest from the face of Esau thy brother. Then Jacob said unto his household, and to all that were with him, **Put away the strange gods that are among you, and be clean, and change your garments: And let us arise, and go up to Bethel; and I will make there an altar unto God**, who answered me in the day of my distress, and was with me in the way which I went. **And they gave unto Jacob all the strange gods which were in their hand, and all their earrings which were in their ears; and Jacob hid them under the oak which was by Shechem**. And they journeyed: and the terror of God was upon the cities that were round about them, and they did not pursue after the sons of Jacob.

- *Exodus 32:2-7*: And Aaron said unto them, Break off the golden earrings, which are in the ears of your wives, of your sons, and of your daughters, and bring them unto me. And all the people brake off the golden earrings which were in their ears, and brought them unto Aaron. And he received them at their hand, and fashioned it with a graving tool, after he had made it a molten calf: and they said, These be thy gods, O Israel, which brought thee up out of the land of Egypt. And when Aaron saw it, he built an altar before it; and Aaron made proclamation, and said, To morrow is a feast to the Lord. And they rose up early on the morrow, and offered burnt offerings, and brought peace offerings; and the people sat down to eat and to drink, and rose up to play. And the Lord said unto Moses, Go, get thee down; for thy people, which thou broughtest out of the land of Egypt, have corrupted themselves.
- *Exodus 33:*5-6: For the Lord had said unto Moses, "Say unto the children of Israel, 'Ye are a stiffnecked people: I will come up into the midst of thee in a moment, and consume thee: therefore now put off thy ornaments from thee, that I may know what to do unto thee. And the children of Israel stripped themselves of their ornaments by the mount Horeb.
- *Judges 8:24*: And Gideon said unto them, I would desire a request of you, that ye would give me every man the earrings of his prey. (For they had golden earrings, because they were Ishmaelites.)
- *2 Samuel 1:24*: Ye daughters of Israel, weep over Saul, who clothed you in scarlet, with other delights, who put on ornaments of gold upon your apparel.
- *Isaiah 3:16-26*: Moreover, the Lord says, "Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet, therefore, the Lord will smite with a scab the crown of the head of the daughters of Zion, and the Lord will discover their secret parts. In that day the Lord will take away the bravery of their tinkling ornaments about their feet, and their cauls, and their round tires like the moon, The chains, and the bracelets, and the mufflers, The bonnets, and the ornaments of the legs, and the headbands, and the tablets, and the earrings, The rings, and nose jewels, The changeable suits of apparel, and the mantles, and the wimples, and the crisping pins, The glasses, and the fine linen, and the hoods, and the vails. And it shall come to pass, that instead of sweet smell there shall be stink; and instead of a girdle a rent; and instead of well set hair baldness; and instead of a stomacher a girding of sackcloth; and burning instead of beauty. Thy men shall fall by the

sword, and thy mighty in the war. And her gates shall lament and mourn; and she, being desolate shall sit upon the ground.

- *Revelation 17:4*: And the woman was arrayed in purple and scarlet colour, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication.
- *Ezekiel 7:18-21*: They put on sackcloth, and horror covers them. Shame is on all faces, and baldness on all their heads. They shall cast their silver in the streets, and their gold shall be removed: their silver and their gold shall not be able to deliver them in the day of the wrath of the Lord: they shall not satisfy their souls, neither fill their bowels: because it is the stumbling block of their iniquity. As for the beauty of his ornament, he set it in majesty: but they made the images of their abominations and of their detestable things therein: therefore, have I set it far from them. And I will give it into the hands of the strangers for a prey, and to the wicked of the earth for a spoil; and they shall pollute it.

Women wearing Men's clothing/cross-dressing

- *Deuteronomy 22:5*: The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God.
- *Genesis 1:27:* So God created man in His own image; in the image of God He created him; male and female He created them.
- *Exodus 28:42*: And you shall make for them linen trousers to cover their nakedness; they shall reach from the waist to the thighs.
- *Leviticus 16:4*: He shall put the holy linen tunic and the linen trousers on his body; he shall be girded with a linen sash, and with the linen turban he shall be attired. These *are* holy garments. Therefore, he shall wash his body in water, and put them on.
- *Leviticus 6:10*: And the priest shall put on his linen garment, and his linen trousers he shall put on his body, and take up the ashes of the burnt offering which the fire has consumed on the altar, and he shall put them beside the altar.
- *Daniel 3:21*: Then these men were bound in their coats, their trousers, their turbans, and their *other* garments, and were cast into the midst of the burning fiery furnace.
- *Ezekiel 44:18*: They (male priests) shall have linen turbans on their heads and linen trousers on their bodies; they shall not clothe themselves with anything that causes sweat.

- *1 Corinthians 6:9*: Or do you not know that *the* unrighteous ones will not inherit *the* kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor **effeminate**, nor homosexuals…

Artificial/fake adornment (nails, eyelashes, hair), makeup, plastic surgery

- *Jeremiah 4:30*: And when thou art spoiled, what wilt thou do? Though thou clothest thyself with crimson, though thou deckest thee with ornaments of gold, though thou **rentest thy face with painting**, in vain shalt thou make thyself fair; thy lovers will despise thee, they will seek thy life.
- *Romans 1:25-26*: **Who changed the truth of God into a lie**, and worshipped and served the creature more than the Creator, who is blessed forever. Amen. For this cause God gave them up unto vile affections: for even their women did change the natural use into that which is against nature.
- *Jeremiah 13:23*: Can the Ethiopian change his skin, or the leopard his spots? Then may ye also do good, that are accustomed to do evil.
- *2 Kings 9:30*: When Jehu came to Jezreel, Jezebel heard of it. And she painted her eyes and adorned her head and looked out of the window.
- *Revelation 22:15*: But outside are the dogs, the sorcerers, the sexually immoral, the murderers, the idolaters, and everyone who loves and practices falsehood.
- *Isaiah 45:9-10*: Woe unto him that striveth with his Maker! Let the potsherd strive with the potsherds of the earth. Shall the clay say to him that fashioneth it, What makest thou? Or thy work, He hath no hands? Woe unto him that saith unto his father, What begettest thou? Or to the woman, What hast thou brought forth?
- *Ezekiel 23:39-40*: For when they had slain their children to their idols, then they came the same day into my sanctuary to profane it; and, lo, thus have they done in the midst of mine house. And furthermore, that ye have sent for men to come from far, unto whom a messenger was sent; and, lo, they came: for whom thou didst wash thyself, **paintedst thy eyes**, and deckedst thyself with ornaments.

Dying hair

- *Proverbs 16:31*: The **silver**-haired head is a crown of glory, if it is found in the way of righteousness.

- *Proverbs 20:29*: The glory of young men *is* their strength, and the splendor of old men *is* their **gray** head.
- *Isaiah 46:4:* even to *your* old age, I *am* He, and *even* to **gray** hairs I will carry *you!* I have made, and I will bear; Even I will carry, and will deliver *you.*

High heels

- *Isaiah 3:16-26*: Moreover, the Lord saith, "Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet.

Tattoos

- *Leviticus 19:28*: You shall not make any cuttings in your flesh for the dead, nor tattoo any marks on you: I *am* the Lord

Ear piercing

- *Exodus 21:5-6*: And if the servant shall plainly say, I love my master, my wife, and my children; I will not go out free: Then his master shall bring him unto the judges; he shall also bring him to the door, or unto the door post; and his master shall bore his ear through with an aul; and he shall serve him for ever.
- *Leviticus 19:28*: You shall not make any cuttings in your flesh for the dead, nor tattoo any marks on you: I *am* the Lord

Women's and men's hair and ungodly hairstyles

- *Leviticus 19:27*: You shall not shave around the sides of your head, nor shall you disfigure the edges of your beard.
- *1 Corinthians 11:6*: If a woman does not cover her head, she should have her hair cut off. And if it is shameful for a woman to have her hair cut or shaved off, she should cover her head.
- *1 Corinthians 11:14-16*: Doesn't nature itself teach you that if a man has long hair, it is a disgrace to him, 15 but that if a woman has long hair, it is her glory? For long hair is given to her as a covering. 16 If anyone is inclined to dispute this, we have no other practice, nor do the churches of God.

- 1 Timothy 2:9-10: In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with **braided hair**, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works
- 1 Peter 3:3-4: Whose adorning let it not be that outward adorning of **plaiting** *(braiding)* **the hair**, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

Head covering

- *1 Corinthians 11:4-6*: Every man who prays or prophesies with his head covered dishonors his head. And every woman who prays or prophesies with her head uncovered dishonors her head, for it is just as if her head were shaved. If a woman does not cover her head, she should have her hair cut off. And if it is shameful for a woman to have her hair cut or shaved off, she should cover her head.

Bodily holiness

- *Romans 12:1-2*: I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- 1 *Corinthians 6:19*-20: Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.
- *1 Corinthians 3:16-17*: Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.
- *2 Corinthians 7:1*: Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.
- *2 Corinthians 5:10*: For we must all appear before the judgment seat of Christ, that each one may receive the things *done* in the body, according to what he has done, whether good or bad.

- *1 Thessalonians 5:23*: And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

Vanity and worldliness

- *Psalms 24:4*: He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.
- *1 John 2:15-17*: Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.
- *James 4:4-6*: Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? Whosoever therefore, will be a friend of the world is the enemy of God. Do ye think that the scripture saith in vain, The spirit that dwelleth in us lusteth to envy? But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.
- *Zephaniah 1:8*: and it shall be, In the day of the Lord's sacrifice, That I will punish the princes and the king's children, And all such as are clothed with foreign apparel.
- *Proverbs 31:30:* Favor is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

Immodesty leads to lust and adultery

- *Matthew 5:28*: But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.
- *1 Thessalonians 5:22:* Abstain from all appearance of evil.

God made us perfect

- *Genesis 1:27:* So God created man in His own image; in the image of God He created him; male and female He created them.
- *Psalm 139:14*: I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

- *Jeremiah 1:5*: Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.
- *Luke 12:7*: But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.
- *Isaiah 45:9-10*: Woe unto him that striveth with his Maker! Let the potsherd strive with the potsherds of the earth. Shall the clay say to him that fashioneth it, What makest thou? Or thy work, He hath no hands? Woe unto him that saith unto his father, What begettest thou? Or to the woman, What hast thou brought forth?
- *Isaiah 29:16*: Surely you have things turned around! Shall the potter be esteemed as the clay; For shall the thing made say of him who made it, "He did not make me"? Or shall the thing formed say of him who formed it, "He has no understanding"?

Not being a stumbling block to others; being our brother's keeper

- *Matthew 18:6-7:* But if anyone causes one of these little ones who believe in Me to stumble, it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea. Woe to the world for the causes of sin. These stumbling blocks must come, but woe to the man through whom they come!
- *Galatians 5:13*: For you, brothers, were called to freedom; but do not use your freedom as an opportunity for the flesh. Rather, serve one another in love.
- *Luke 17:1-2:* Jesus said to His disciples, "It is inevitable that stumbling blocks will come, but woe to the one through whom they come! It would be better for him to have a millstone hung around his neck and to be thrown into the sea than to cause one of these little ones to stumble.
- *Philippians 2:3-4:* Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves. Each of you should look not only to your own interests, but also to the interests of others.
- *Romans 15:1-3:* We who are strong ought to bear with the shortcomings of the weak and not to please ourselves. Each of us should please his neighbor for his good, to build him up. For even Christ did not please Himself.
- *Romans 14:13*: Therefore, let us stop judging one another. Instead, make up your mind not to put any stumbling block or obstacle in your brother's way.

- *1 Corinthians 10:23-24:* Everything is permissible," but not everything is beneficial. "Everything is permissible," but not everything is edifying. No one should seek his own good, but the good of others.
- *Galatians 6:7*: Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.
- *Romans 13:8-10:* Owe no one anything except to love one another, for he who loves another has fulfilled the law. For the commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not bear false witness," "You shall not covet," and if there is any other commandment, are all summed up in this saying, namely, "You shall love your neighbor as yourself." Love does no harm to a neighbor; therefore, love is the fulfillment of the law.

Final Reflections

God calls Christian women to dress modestly. We are not called to pick and choose which of God's commands we will obey, but all of them. As Christian women, God has certain expectations of us, which serve to glorify him as we obey. These mainly touch on submission, gender roles, and modesty.

The rise of feminism has fueled rebellion against God's instructions, even among Christian women. This should not be the case.

God's word is never meant to oppress us but to protect us from the enemy. His aim is always to get us to sin and rebel against God, just as he did and just as he convinced Adam and Eve to do as well.

God's word establishes order, provides protective mechanisms, and glorifies God as each one does their part.

I humbly and sincerely pray that my testimony encourages you to reflect on the topic of modesty in your own life and to seek to please God above all. May the Holy Spirit guide you into all truth on this matter. Shalom.

PART 2: ADDITIONAL ARTICLES & EXTERNAL READING

Makeup, Jewelry, Women's Trousers: History and Fallen Angel Origins

December 2, 2025

What does God think about women using makeup, wearing jewelry, and wearing trousers? Does the Bible speak on these things?

This article aims to provide information I have gathered over the years on the topics of makeup, adornment, jewelry, women's trousers, and head-covering from the scriptures, church history, and early church fathers' teachings. If you would like to do more study on this topic, hopefully, this article will provide a lot of resources and scriptures.

Makeup and jewelry: Fallen angel origins

According to the Book of Enoch, fallen angels—specifically Azazel, one of Lucifer's chief leaders of the revolt against God—first taught human women about makeup, ornaments, and jewelry? Azazel is the head of the angels who plotted against the Lord, impregnated the daughters of men, and introduced humans to forbidden knowledge. These sins contributed to the destruction of the entire world by the flood during the days of Noah, because the world was corrupted by the fallen angels and their hybrid offspring with human women.

"And Azâzêl taught men to make swords, and knives, and shields, and breastplates, and made known to them the metals of the earth and the art of working them, and bracelets, and ornaments, and the use of antimony, and the beautifying of the eyelids, and all kinds of costly stones, and all colouring tinctures. And there arose much godlessness, and they committed fornication, and they were led astray, and became corrupt in all their ways." 1 Enoch 8:1-2

"The Book of Enoch is an ancient Jewish apocalyptic religious text, ascribed by tradition to the patriarch Enoch who was the father of Methuselah and the great-grandfather of Noah. The Book of Enoch contains unique material on the origins of demons and Nephilim, why some angels fell from heaven, an explanation of why the Genesis flood was morally necessary, and a prophetic exposition of the thousand-year reign of the Messiah." The Book of Enoch, Wikipedia

The Book of Enoch is not considered a canonical book by the Christian church, but it was evidently a book many of the respected ancient church fathers read and considered an authentic book. Jude the apostle, writer of the book of Jude in the Bible, and traditionally identified as the brother of Jesus, quoted from the Book of Enoch (*1 Enoch 1:9, 1 Enoch 60:8)* in Jude 1:14-15.

Tertullian, a respected early church father (*160 AD-240 AD*), also spoke on the origin of female ornamentation in his book "**On the Apparel of Women,"** attributing it to fallen angels and quoting from the book of Enoch. The book is a treatise on the proper dress and behavior of women, according to Christian beliefs. See a quote below (*a hyperlink* is *also provided to read the entire book*).

"***But, if the self-same angels who disclosed both the material substances of this kind and their charms—of gold, I mean, and lustrous stones—and taught men how to work them, and by and by instructed them, among their other (instructions), in (the virtues of) eyelid-powder and the dyeings of fleeces, have been condemned by God, as Enoch tells us, how shall we please God while we joy in the things of those (angels) who, on these accounts, have provoked the anger and the vengeance of God?"*** Tertullian On the Apparel of Women 2.10

Makeup is a falsehood and deception

Makeup is a falsehood, and just the idea of it is all about changing what God created or trying to enhance it, which is a slap in God's face. God gave us hair, nails, and body features that reflect his glory. When we try to change them, we tell God that what he made was not good enough. God made man in his image and said all his works were good. He does not need any correction.

What is added to the image of God to enhance or make it more beautiful, supposedly, is the image of Satan, the father of all lies. Nature itself is not guilty of this, and animals never try to change themselves or enhance themselves. Even these products themselves are rightly called fake hair, fake lashes, fake nails, and makeup, betraying their nature. What is made up is not original. The author of all falsehood and lies is Satan.

As redeemed women, we cannot participate in these things once we know the truth, and this truth is in the scriptures, both old and new, in various forms. In *1 Peter 3:1-4* and *1 Timothy 2:9-10*, it is clearly laid out, and all over the Old Testament, God has made his heart known about these things. But because women love to argue about this topic, it is good to also learn the origins of these things. Not everything needs to be spelled out for us in scripture like children. God expects us to study his entire word and be able to discern from the entire counsel of scripture what is pleasing or displeasing to him.

Jewelry and idolatry

The matter of jewelry is also connected to idolatry. God, as far back as Exodus, asked the Israelites to put away their ornaments before he could deal with them as they were stiff-necked (*Exodus 33:4-6*). Jacob asked his family to put away their earrings and foreign gods before they went to worship God at Bethel (*Genesis 35:1-4*). We also see that the children of Israel asked Aaron to make them a golden calf, and he used their gold earrings (worn by both men and women) to make this idol (*Exodus 32:1-4)*. Apostles Paul and Peter repeated this warning against jewelry in the New Testament (*1 Peter 3:1-4, 1 Timothy 2:9-10*).

Wedding rings

I found this great article with information on the origins of wedding rings. God never initiated them to solemnize weddings. These are pagan symbols of pagan origin. God makes it clear in his word that we should not worship him the way the pagan nations do. "***Do not worship*** the Lord your God in the way these pagan peoples ***worship*** their gods" (*Deuteronomy 12:4*).

"The wedding ring is first a circle which is said to mean eternal or unending. Marriages were never eternal in the Scriptures but rather until death. Afterward a spouse could be married again. The idea then of eternal marriages symbolised by the ring is not Biblical. This meaning of the ring is false. So the ring gives a false testimony. The wedding ring then is not representative of the true union of the bridegroom and his bride. The home of the couple is more a witness and testimony of marriage then a wedding ring. For it is in the home the marriage is honored and

sustained. The wedding ring originated in Babylon, the cradle of civilization. The

*most ancient ring discovered there is in the shape of the eternal serpent. The image of the serpent biting its tail to form the circle of the ring is an ancient satanic symbol (***satanic ouroboros). The same symbol is used by the Theosophy Cult. Satan as the serpent, that great dragon of Revelation 12, has by this symbol joined a man and a woman under his cult. God is not the serpent symbol of any wedding ring, nor is he the symbol of the wedding ring in any fashion. We may trace the ring not to the God of the Bible but to the accuser of the brethren. Where is there any ring that symbolizes God? Did God provide wedding rings for Adam and Eve? Remove this idolatrous symbol from the Church and the Pastor is accused of being legalistic, against marriage, encouraging adultery and lust. The Pastor's Church is labeled a cult. The fact is, over 70% of married spouses who commit fornication do not remove their wedding rings prior to the act, during the act, or after the act. Wedding rings have not stopped one act of adultery. Not one husband or wife has said: "I cannot commit adultery because I have my wedding ring on."* https://www.jesus-messiah.com/html/wedding_rings.html

Women's trousers and pants

"However, for much of modern history, the use of trousers has been restricted to men. This norm was enforced in many regions due to social customs and laws. There are, however, many historical cases of women wearing trousers in defiance of these norms such as the 1850s women rights movement, comfort, freedom of movement, fashion, disguise (notably for runaway slaves [2]), attempts to evade the gender pay gap, and attempts to establish an empowered public identity for women." ***Quote from Wikipedia, Trousers as women's clothing***

There was no idea about women's trousers until around the 1850s, when the women's rights movements and dress reform movements began in rebellion against social norms and cultures. Before that, in much of the world, women wore dresses and skirts to distinguish themselves from men, and they were content with it. The symbols in public restrooms until now display gender differences, with men in pants and women in dresses. Harlots and rebellious women throughout history are the ones who wore trousers but faced open criticism for cross-dressing because they were rebellious women. A few women in the arts also wore trousers in theater plays to act as men (but Christians stayed away from such arts and activities completely and considered them falsehoods and immoral). Acting was not considered a profession for Christians because it was deemed a falsehood and associated with immorality, idolatry, and vice.

In the Old Testament times, both men and women wore robes, but the robes were made so that it was clear which were men's and which were women's. God discouraged cross-dressing even then and wanted men and women to dress differently even though they both wore robes (*Deuteronomy 22:5)*. *Exodus 28:42*, *Ezekiel 44:8*, *Leviticus 16:4, Leviticus 6:10*, and *Daniel 3:21* make mention of men wearing trousers, but there is no scripture of women wearing trousers or breeches, proving that trousers were men's garments (*these verses are quoted further down*).

So the age-old prohibition of trousers for women came from the original intent behind the creation of trousers and their original use for centuries; they were known unanimously to be men's clothing. The design of pants with the zipper at the crotch area also proves this.

Women largely did not wear trousers for hundreds of years; women wore dresses and skirts. It was only during the women's rights (feminism) movement of the late 1800s that women began to revolt and demand to wear trousers as an act of rebellion by feminists in a changing world; this was greatly frowned upon by the society as a whole, made up of both Christians and non-Christians, because trousers were unanimously agreed upon to be men's clothing. Over time, women in trousers have become widely accepted and have become normal even in the church, but there was a time when this was greatly frowned upon.

God, Gender distinction and the LGBTQ movement

The issue of the sexes being distinct and separate, even in dress, goes back to creation, where God made them male and female and wanted their natures distinct *an*d clear, perpetually to bring him honor, and also to display the clear difference in roles, function, and authority between men (head) and women (helper), which was ordained by God himself. When men and women dress alike, these lines are blurred. This was so serious that cross-dressing is considered an abomination in scripture (*Deuteronomy 22:5*).

When the sexes start getting mixed up, gender roles and headship structure in society, church, and home, as God ordained it, get destroyed. The result is the breakdown and chaos we can now see in the gender redefinition agenda that's happening worldwide, the growing popularity of the LGBTQ+ movement, rising transgender surgeries, family breakdown and collapse, and societal confusion with women wanting to be like men in all respects and men losing their God-given masculinity and ability to lead.

The increase in adornment, makeup, and fake beauty products is a sign of the last days

Jesus warned that in the last days, the love of many would grow cold (*Matthew 24:12*) and the great falling away from the faith would happen (*2 Thessalonians 2:1-3)*. He also warned that the last days would be like the days of Noah (*Matthew 24:37-39)*. The same wickedness of the days of Noah is happening and intensifying. I am convinced that the issue of women's dressing, adornment, and head covering (*1 Corinthians 11*) is not being taught in much of the body of Christ anymore because the church at large has become lukewarm and worldly, and influenced by the fallen ones, unlike the church of the centuries past. Jesus told us this would happen in the last days. Also, we have an adversary working hard to send as many as he can to hell because he knows that his time is short.

Women, Our Dressing Should Be Modest

January 18, 2025

Many women are committing adultery and fornication every day with men they do not know because of their dressing styles. Our manner of dressing as women matters and has grave consequences both on earth and eternally.

Our dressing can lead both ourselves and others to hell

The way we dress can lead both ourselves and others to hell because dressing is closely related to sexual sins and lust. We need to be very careful as born-again women when it comes to our dressing and be led by the Holy Spirit in all things. The apostles Paul and Peter addressed this matter specifically and instructed godly women to dress modestly. They emphasized that women should adorn themselves with **respectable clothes**, **modesty**, **self-control**, **good deeds**, and **the inner beauty** of a **gentle** and **quiet spirit**.

"Likewise, I want the women to adorn themselves with respectable apparel, with modesty, and with self-control, not with braided hair or gold or pearls or expensive clothes, but with good deeds, as is proper for women who profess to worship God." 1 Timothy 2:9

"Your beauty should not come from outward adornment, such as braided hair or gold jewelry or fine clothes, but from the inner disposition of your heart, the unfading beauty of a gentle and quiet spirit, which is precious in God's sight. For this is how the holy women of the past adorned themselves." 1 Peter 3:3-5

A demonstration of dressing from the Holy Spirit.

One day in 2023, after the Holy Spirit had been teaching me about modest dressing and, by God's grace, helped me radically change the way I dressed, I was walking in the streets of Nairobi, and the Holy Spirit made me acutely aware of how poorly women dressed. It's like my eyes were open for the first time.

I walked behind this lady with very tight sweatpants and a very small-fitting spaghetti top, with her breasts, back, and arms all exposed. She was very curvy, and everything was exposed. She was also very heavily made up with fake hair and nails and tattoos all over. I heard within me, "*Watch*." I observed the men walking behind her, those approaching her, and those sitting on the street watching her pass, and most of them had their eyes fixed on her buttocks, breasts, or hips. And I heard the Holy Spirit tell me so clearly, "*By the time this woman goes home today, she will have committed fornication/adultery with countless men."*

It grieved me. This is what happens every day to many women, and this is how I was, too, without even realizing it. I would get a lot of attention when I walked because of how I dressed and exposed my body parts and shape. I used to think men were the problem. (*Yet now I no longer get such type of attention, proving men were not the problem; my dressing was.)*

Revealing dressing can arouse lust.

A woman will argue that she didn't commit adultery with all those men or do anything to them. But that is just ignorance, selfishness, and self-deception. Jesus said whoever looks at a woman to lust after her has committed adultery with her in his heart.

A woman's manner of dressing contributes to how a man looks at her. Men are naturally created to be attracted to women's bodies through their eyes. And especially private areas—breasts, thighs, waist, and hips—it's proven by evolutionary biology and psychology. Therefore, what we wear as women *contributes* to whether a man lusts or not. Jesus said the man who looks at a woman to lust after her has committed adultery **with her** in his heart.

"But I say unto you, that whosoever looketh on a woman to lust after her hath committed adultery ***with her*** *already in his heart." Matthew 5:28:*

Paul says this: "*Be careful, however, that your freedom does not become a stumbling block to the weak… **By sinning against your brothers in this way and wounding their weak conscience, you sin against Christ.** Therefore, if what I eat causes my brother to stumble, I will **never** eat meat again so that I will not cause him to stumble." 1 Corinthians 8:9, 12, 13*

Jesus warned against being stumbling blocks and causes of sin

Jesus warned against being a stumbling block to others. Every time a woman causes men to lust because of her manner of dressing or lack of it, she is equally guilty in God's eyes of the sexual lust that has gripped the boys or men who have looked upon her with lust. She has become a cause of sin, a source of temptation. We can argue about it till we are blue in the face, but that's how God sees it.

"Woe to the world for the causes of sin. These stumbling blocks must come, but woe to the man through whom they come!" Matthew 18:7

We are meant to be our brother's keepers. Christians no longer live for themselves. We have a responsibility for how we live, what we do, and how it affects others. We do not just live to please ourselves. Just because we can do something does not mean we should. For love's sake, many times we must deny ourselves and truly love in deed and not words only.

"For you, brothers, were called to freedom; but do not use your freedom as an opportunity for the flesh. Rather, serve one another in love." Galatians 5:13

"It is better not to eat meat or drink wine or to do anything to cause your brother to stumble." Romans 14:21

"Each of you should be concerned not only about your own interests, but about the interests of others as well." Philippians 2:4

"We who are strong ought to bear with the shortcomings of the weak and not to please ourselves. Each of us should please his neighbor for his good, to build him up." Romans 15:1-2

"For none of us lives to himself alone." Romans 14:7

Our bodies are the temples of the Holy Spirit. Our dressing should please him.

Many women say that their way of dressing should not concern anyone, and they can dress how they want because their bodies belong to them. But that is not what the Bible says. We have been bought at the high price of the blood of Jesus. Our bodies are not ours but the temple of the Holy Spirit, and so we can't just decide to wear what we please.

The Holy Spirit has to guide us even in our dressing. And he will always guide us towards modesty and shamefacedness. He will guide us towards not drawing attention sexually to our bodies or causing others to stumble because he is a spirit of holiness, decency, and love.

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You ***are not your o****wn; you were bought at a price.* ***Therefore, glorify God with your body****." 1 Corinthians 6:19-20*

Modesty vs. idolatry.

When a woman parades her body and beauty to such degrees that it captivates men's attention lustfully, it is a form of IDOLATRY, vanity, and pride. This is because it takes the men's minds off God and onto her to worship and be in awe of her beauty. Worship is simply devotion and adoration. As women, despite feigned ignorance, we know the power our bodies and beauty have over men, and that's why we draw attention to them. It is idolatry before God.

The apostles Paul and Peter, both founding fathers of our faith, instructed us women to dress in modesty, SOBRIETY (*self-control*), and shamefacedness (**Greek aidós: modesty, reverence, shame, and respect).** This was purposefully included in the scriptures and was important enough for them to mention in the letters to the churches.

The born-again woman should draw attention away from her body and beauty to Christ. She should adorn herself instead with a quiet and meek spirit, which in the sight of God is precious. We are to do everything for the glory of Christ, not our own, including dressing. We can look nice, but in moderation. Moderation is the spirit behind modesty.

"In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array." 1 Timothy 2:9

"Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted in God, adorned themselves." 1 Peter 3:3-5

"Let your moderation be known unto all men." Philippians 4:5

Loving God by loving the brethren.

We should be careful that our freedom does not lead us to sin against God and others. If we cause others to stumble into sin because of something we could have avoided, all because of selfishness and pride, we will not escape God's judgment. Let us determine not to help Satan in his mission to destroy souls. The law of Christ is LOVE. Let us do all for the glory of God, even dressing.

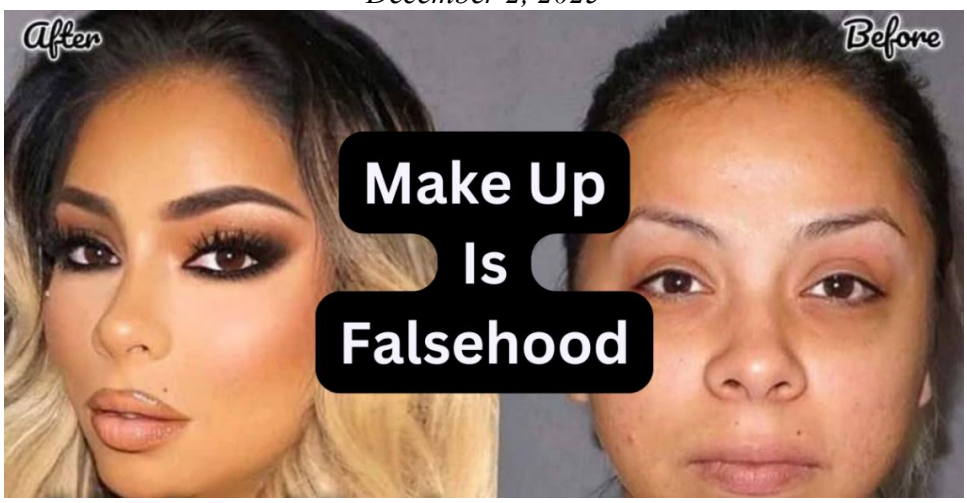
"Abstain from every form of evil." 1 Thessalonians 5:22

"Love does no wrong to its neighbor. Therefore, love is the fulfillment of the law." Romans 13:10

"And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:17

Makeup and Artificial Hair are Falsehood

December 2, 2025



African/Black women look so beautiful with their natural Afro hair, but Satan has lied to most of us our whole lives that our hair is a problem and is bad, and we need to change it to look like Caucasian and Asian hair. Not knowing all the while that when we say such negative things and do such things like changing our hair textures/colors and even putting on fake hair and other humans' hair, we are mocking God, slapping him in the face, and correcting him, telling him he didn't do a good job and made a mistake when he made us African. As if God did not know what he was doing. "*Woe to you who strives with your Maker* ".

The insults have gone further now; women (even born-again women) have to get fake nails, fake eyelashes, fake skin and hair color, fake eyebrows, fake lips, fake pupils, fake breasts, fake buttocks, and some even fake bodies through plastic surgery. All this is a great mockery before God.

The Bible says no liar or anyone who practices falsehood will enter heaven. Lying in appearance is also a lie, like all others.

"Outside are the dogs and sorcerers and the sexually immoral and murderers and idolaters, and everyone who loves and practices FALSEHOOD." Revelation 22:15

"But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all LIARS, shall have their part in the lake which burneth with fire and brimstone: which is the second death." Revelation 21:8

We have all been guilty of this in our ignorance, me included, and so this is not a message of self-righteousness or condemnation, because I was chief of sinners. But it is a message of warning in love. God rebukes those he loves, and a wise son heeds correction.

God saw everything that he had made, and, behold, it was very good

Repent for trying to correct God, being dissatisfied with and insulting how he made you; stop using fake and artificial adornments (the name says it all: FAKE!), and be who God made you to be.

He made you exactly the way you are for his glory. He made you and said, "*It is good*" (*Genesis 1:31*), and now you say, "*No, it is not good; you gave me bad hair, bad eyelashes, bad lips, and bad nails, so I will replace them with mine*."

"And God said, Let us make man in our image, after our likeness…And God saw every thing that he had made, and, behold, it was very good." Genesis 1:26,31

Can't you see it is a great insult to replace God's image with a fake one? God made you in his image and likeness (Genesis 1:26), and you are unhappy with that and take on a fake image fashioned after the god, standards, and fashions of this world.

Repent of vanities while you have time. Don't love vanity more than God, or heaven will only be a word you once heard. God shall say, "*Depart, I never knew you," because,* in the real sense, he will not recognize you because you wore a FAKE image.

If anyone destroys God's temple, God will destroy

In the process of using these fake things, many have damaged their skin, natural hair, and scalp; gotten cancer; and some died undergoing plastic surgery. All these things we shall account before God because our bodies are the temple of the Holy Spirit, and the Bible says whoever destroys God's temple, God will destroy.

"If anyone destroys God's temple, GOD WILL DESTROY; for God's temple is HOLY, and you are that temple." 1 Corinthians 3:17

GOD'S TEMPLE IS HOLY. That other temple you are creating with artificial body parts and adornments is unholy, defiled, and an offense to God; a great offense. It is an evil invention inspired by the father of lies, Satan himself.

"Backbiters, haters of God, despiteful, proud, boasters, INVENTORS OF EVIL THINGS, disobedient to parents." Romans 1:30

"Woe to him who strives with his Maker! Let the potsherd strive with the potsherds of the earth! Shall the clay say to him who forms it, 'What are you making?' O shall your handiwork say, 'He has no hands'? Woe to him who says to his father, 'What are you begetting?' Or to the woman, 'What have you brought forth?" Isaiah 45:9-10

**Pictures from Facebook posts by Gordon Codjoe and Godly Dressing

False Beauty, Plastic Surgery, and the Image of God

December 2, 2025

Beloved sisters, this is a warning to you from the Lord Jesus Christ. You who delight in changing what God has made and recreating yourselves into false images.

We are living in the end of times. These are the days that were prophesied about by our fathers, the Apostles of the Lord Jesus, and the Lord Jesus himself.

"But know this, that in the last days perilous times will come: for men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power. And from such people turn away." 2 Timothy 3:1-5

The earth is ripening for a slaughter. The sins of mankind have become too much! Women in particular have allowed Satan to seduce them with spirits of vanity, pride, idolatry, and lust to their peril. "*Professing themselves to be wise, they became fools, and changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies…" Romans 1:22-24*

Trading God's image for a false image

Women have resorted to playing God and recreating what God made. Many women are now designing their own bodies using false hair, eyelashes, nails, implants, and even surgeons' knives! This wickedness is abhorrent to God. Why do you correct God? By these wicked actions, women are throwing their middle fingers at God and saying, "*You did a poor job, and we are going to redesign your work because it is imperfect.*"

Plastic surgeons have become the new gods to these women. They are making these women into new and false images, but it is not the image of God of heaven. Why have you allowed Satan to fill your hearts? The gods of these modern women are many: celebrities, influencers, their own bodies, vanity, lust, money, pride, and self. This is the idolatry of the 21st century.

Made in God's image and likeness

When God made man in his image, the Bible says, *"Then God said, 'Let Us make man in Our image, after Our likeness… So God created man in His own image; in the image of God He created him; male and female He created them… And God saw everything that he had made, and, behold, it was very good* "*(Genesis 1:26, 27, 31).*

But these women reply to God and tell him, "*No, it is not good. You didn't give me large enough buttocks, long enough nails and eyelashes, straight or soft enough hair, full enough lips, and large enough breasts so that I may look sexy. You didn't give me a curvy body like so-and-so, and so I will design myself into a false image that I have seen in my mind and other women because this is good to me.*" They mock God!

David says, "*For You formed my inmost being; You knit me together in my mother's womb*" (*Psalm 139:13*). God formed us and knit (wove) us in our mothers' wombs. He took time and attention to make us, and he does not make mistakes. He is the supreme creator. When we attempt to correct what he made us to be, we disrespect and mock him.

False women are the daughters of Jezebel

"Professing themselves to be wise, they became fools, and changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping

things. Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies…" Romans 1:22-24

They have exchanged the original glory God gave them—the natural look God calls good—for a false image made like their fellow women, birds, beasts, and creeping things. Isn't that the truth? When you see their long, fake nails, which look like claws, haven't they made themselves into the image of beasts? As you see their long artificial eyelashes and fake pouty lips, don't they look like strange birds? As they strut in their high heels, don't they walk like proud birds? They are no longer the image of God but of Satan. Satan has bewitched them as he did Eve in the garden, and they have fallen for it in their vanity and pride.

They have painted themselves like Jezebel, the only woman in the Bible who is said to have painted herself. The woman who was an abomination to God. Jezebel is their mother. "*Now when Jehu had come to Jezreel, Jezebel heard of it; and she put paint on her eyes and adorned her head, and looked through a window (2 Kings 9:30–37)."* What is painted is not original but false.

Can you strive with God and win?

Hear the word of the Lord to you, O women; God says, "*Woe to him who strives with his Maker! Let the potsherd strive with the potsherds of the earth! Shall the clay say to him who forms it, 'What are you making?' Or shall your handiwork say, 'He has no hands'? Woe to him who says to his father, 'What are you begetting?' Or to the woman, 'What have you brought forth'?" Isaiah 45:9-10*

God says, Woe to you if you don't repent. Can a woman strive with God and win? Do you dare correct God? Where were you when he formed the Earth? Where were you when he formed you in your mother's womb? When did you become a co-creator with God? Will you mock God and live? Since you think you can recreate and redesign what God made, do you also have the power to create a heaven for yourself? Because no one who loves falsehood, lives a lie, and mocks God will enter his heaven.

Professing yourselves to be wise, you have become fools, you modern women. You're abhorrent to God. He does not recognize you. You are not his image but that of your father, the devil. And the place prepared for your father, the lake of fire, is where you will go if you do not repent and turn from your wickedness.

"And there shall in no wise enter into it (the kingdom of God) anything that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life." Revelation 21:27

"But outside are the dogs, the sorcerers, the sexually immoral, the murderers, the idolaters, and everyone who loves and practices falsehood." Revelation 22:15

No liars and those who practice falsehood shall enter heaven

No false thing will enter heaven, no liars will enter heaven, no one who defiles their body, and no abominable people will enter heaven. Only God is true. What is not of God is false. Fake beauty is false. And women who change God's image to other false images are liars, seducers, and defilers. They are an abomination to God. They have butchered and corrupted themselves. You may claim to be born again and to know Jesus, but he does not know you. He is not a father of liars and deceivers.

"You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it." John 8:44

You say, "*It is my body, and I can do what I want with it.*" Is it your body? Can you show the day and time when you created yourself? Where is your evidence? If indeed it is your body, prove it by making God a liar and showing us when and how you brought yourself into this world and formed yourself. Then perhaps we will believe you. God's word says in *1 Corinthians 3:17, "If anyone destroys God's temple, God will destroy him; for God's temple is holy, and that is what you are."*

God is not mocked

By tampering with your body, you have come under God's judgment. God will destroy you. You are destroying God's workmanship and think you will escape? Many women are now dying as a result of these wicked plastic surgeries. Is this God's will? They are facing the consequences of their evil acts. The Bible says everyone shall give an account to God. You will give an account for every false eyelash you added, every fake hair you added on God's hair, every fake breast, every

false nail you added on God's nails, and every drop of blood you shed, changing God's body to the image of Satan. God is not mocked. As a man sows, so shall he reap.

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting." (Galatians 6:7-8)

You thought you were wise, but you became a fool. Repent of your folly before you land in hell. God is giving you a chance to repent and correct what you have done. Remove the accursed things from your body. Stop worshipping your beauty and body. These have become your gods, and the Bible says no idolater shall enter his kingdom. Will you go to hell for nails, lips, and breasts? Come on! Come to your senses, repent, and rescue yourself from the traps of Satan where you have been captured.

"And that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will." 2 Timothy 2:26

Repent for correcting God!

You have changed your body to look seductive. In God's eyes, you're a prostitute, fornicator, and adulterer because your desire to look sexy is to charm, be admired by, and seduce others. No fornicators will enter God's kingdom. You have led many to lust and commit adultery with you by flaunting your body about. Repent of your wickedness, O daughter of Jezebel, while there is time.

God gave Jezebel time to repent by sending his prophets to her, but she mocked and killed them. But in the end, she died like a common dog (*2 Kings 9:30–37)*. God is not mocked. So shall be your fate in hell if you do not repent and forsake the works of Satan. He is deceiving you and laughing at you, for he knows your fate. Shame the devil and leave his works to him. Turn to Jesus and be saved. Jesus will forgive and pardon if you confess, repent, and turn from your wickedness.

Time is winding up. We are in the last days. Jesus is returning soon, as he promised, for a holy bride, not a worldly one. And no one knows when they will leave this world; die prepared to meet your God. Don't die outside the Lord, pursuing vanity and obsessing over your body and fleeting beauty, because that will lead to hell. God's judgments are upon the earth for its abominations.

The daughters of Jesus do not love the world!

Women, repent and be who God made you to be, and stop being tools and pawns of Satan. Read *1 Timothy 2:9-10 and 1 Peter 3:3-4,* and learn how holy women adorn themselves. It is not with outward adornment but with the nature of Christ. Spend time studying the word and praying so that you may know God's will to make it to heaven, rather than spending money and time on vanity.

God will require an account of how you spent your time, body, and money. Those things belong to him, and he will require an account. Are you helping the poor, spreading the gospel, and helping others, or spending your money on vanities, body parts, and changing the image of God to bring glory to yourself? Do not stand before God in that state because you will regret it.

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever." 1 John 2:15-17

There is a great difference between the daughters of Jezebel and Satan and the daughters of Jesus Christ. It begins within and manifests outwardly, too. The daughters of Jesus are not seducers or lustful, and they are not vain; they are not obsessed with physical appearance. They are clothed with self-control, modesty (*shamefacedness, reverence, respect*), and good works. The choice is yours whose daughter you will be. Remember, "*you shall know them by their fruits.*" Not their talk.

The choice is yours

"He who has an ear, let him hear what the Spirit says."

"He that is unjust, let him be unjust still; and he which is filthy, let him be filthy still; and he that is righteous, let him be righteous still; and he that is holy, let him be holy still. And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be. I am Alpha and Omega, the beginning and the end, the first and the last." Revelation 22:11-13

"Many daughters have done noble things, but you surpass them all!" Charm is deceptive and beauty is fleeting, but a woman who fears the LORD is to be praised." Proverbs 31:29-30

Additional External Reading on Adornment and Modesty

Below are articles and videos from other teachers on this topic of modesty and adornment if you would like to do more study on this topic.

Disclaimer: *Sharing these links does not mean I am vouching for everything these authors write. Kindly test everything by the Word of God as a noble disciple.*

1. Christian Women's Proper Dressing and Adornment

On the Apparel of Women– Book by early church father Tertullian (155 AD – 220 AD)

Christian Grooming – According to the Church Fathers by Bibletopics.com

WHY God's Women Do Not Wear MAKE-UP by Herbert W Armstrong

Views from church history on fashion, adornment, and jewelry Compiled by Finny Kuruvilla

Divine Revelation Of Worldly Appearance Of Women And Hell Punishment By Christopher Zormelo

The Danger Of Perverse Modern Church Doctrine On Women Trouser — Part 1 by Evang Paulinus Paul

Worldly Appearance Of Women And Her Punishment In Pit Of Hell by Evang Paulinus Paul

What the Early Christians Believed About Modest Dress & Cosmetics YouTube Video by David W. Bercot

The Beauty of Holiness by Dean Taylor

Church fathers' opinion on earrings by bibleanalyses.com

Is wearing makeup a sin? How did the early Christians live? by bibleanalyses.com

Is wearing earrings a sin? by bibleanalyses.com

Wedding Rings/Jewelry by Pastor/Missionary, Dr. G. Reckart

2. Comments by Cyprian (3rd century) and Ambrose (4th century).

"Augustine's "On Christian Doctrine" (IV.21). Both address the practice of "women who color, or rather discolor, their faces with paint." Source: Orchard Keeper

CYPRIAN:

"Suppose a painter should depict in colors that rival nature's the features and form and complexion of some man, and that, when the portrait had been finished with consummate art, another painter should put his hand over it, as if to improve by his superior skill the painting already completed; surely the first artist would feed deeply insulted, and his indignation would be justly roused. Dost thou, then, think that thou wilt carry off with impunity so audacious an act of wickedness, such an insult to God the great artificer? For, granting that thou art not immodest in thy behaviour towards men, and that thou art not polluted in mind by these meretricious deceits, yet, in corrupting and violating what is God's, thou provest thyself worse than an adulteress. The fact that thou considerest thyself adorned and beautified by such arts is an impeachment of God's handiwork, and a violation of truth. Listen to the warning voice of the apostle: 'Purge out the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us: therefore let us keep the feast, not with old leaven, neither with the leaven of malice and wickedness; but with the unleavened bread of sincerity and truth.' [1 Cor 5.7-8] Now can sincerity and truth continue to exist when what is sincere is polluted, and what is true is changed by meretricious coloring and the deceptions of quackery into a lie? The Lord says, 'Thou canst not make one hair white or black' [Matt 5.36]; and dost thou wish to have greater power so as to bring to nought the words of thy Lord? With rash and sacrilegious hand thou wouldst fain change the color of thy hair: I would that, with a prophetic look to the future, thou shouldst dye it the color of flame [!]."

AMBROSE:

"Hence arise these incentives to vice, that women, in their fear that they may not prove attractive to men, paint their faces with carefully chosen colors, and then from stains on their features go on to stains on their chastity. What folly it is to change the features of nature into those of a painting, and from fear of incurring their husband's disapproval, to proclaim openly that they have incurred their own! For the woman who desires to alter her natural appearance pronounces condemnation on herself; and her eager endeavors to please another prove that she has first been displeasing to herself. And what testimony to thine ugliness can we find, O woman, that is more unquestionable than thine own, when thou art afraid to show thyself? If thou art comely why dost thou hide thy comeliness? If thou art plain, why dost thou lyingly pretend to be beautiful, when thou canst not enjoy the pleasure of the lie either in thine own consciousness or in that of another? For he loves another woman, thou desirest to please another man; and thou art angry if he love another, though he is taught adultery in thee. Thou art the evil promptress of thine own injury."

3. Women's Head Covering in Church

What the Early Christians Believed About The Head Covering– Transcript of cassette sermon by David W. Bercot, 1997

On Head Coverings by Classical Christianity

Head covering for Christian women– Wikipedia

Head Covering, Headship and Worship

March 5, 2025

In this article, we are going to look at the practice of head covering taught by the apostle Paul in 1 Corinthians 11:1-16. We will consider the various reasons Paul gives for the practice of head covering for women in the Church. We will also see what churches historically practiced. ***Please note*** *that this article is not meant to judge anyone or* any Church. The goal is to share my convictions as I have studied extensively on this passage and topic over the past few years. Hopefully, it encourages you to do the same, honestly, *and provides something to ponder that enriches your Christian walk as you seek to walk in obedience to our Lord's commands.*

In *1 Corinthians 11:1-16*, Apostle Paul says that women must practice head covering when praying or prophesying in the church. Prophesying here means *foretelling events, speaking under inspiration*, and *exercising the prophetic office*. These were not merely Paul's opinions but a command and tradition for all churches.

These important traditions were established by Paul during the foundational stages of the Church to govern conduct. Paul's words were inspired by the Lord Jesus Himself. They were for all churches, for all time. There is nothing to indicate this tradition was only written for the Corinthians, especially as Paul appeals to universal principles such as nature, creation order, gender, and angels in his instruction, as we will see later on.

"Now I commend you for remembering me in everything and for maintaining the traditions, just as I passed them on to you." 1 Corinthians 11:2

Paul ends his teaching on head covering with this, *"If anyone is inclined to dispute this, **we have no other practice, nor do the churches of God**." Paul, 1 Corinthians 11:16*

"Therefore, brethren, stand fast, and hold the traditions which ye have been taught, whether by word, or our epistle." 2 Thessalonians 2:15

Head covering is a command of the Lord.

Now, just because many churches have stopped practicing head coverings does not mean the Word of God has become obsolete. I think each of us should seek God on this matter. It may not be a salvation issue, but it may be one of obedience. On Judgment Day, we will be held accountable for everything we do and do not do, according to what God has commanded.

*"For I certify to you, brothers, that the gospel I preached was not devised by man. I did not receive it from any man, nor was I taught it; rather, **I received it by revelation from Jesus Christ**." Galatians 1:11-12*

"The one who rejects me and does not accept my words has a judge; the word I have spoken will judge him at the last day." John 12:48

*"So then every one of us shall give account of **himself** to God." Romans 14:12*

Jesus said if we teach people to break God's commands, we will be least in the kingdom of heaven (*Matthew 5:19*). In light of this, we should consider this passage of 1 Corinthians 11 soberly and reverently and make sure we are obeying God no matter what others around us do.

The head covering is a sign of submission and headship.

There is a hierarchy in God's creation order (God, Christ, Man, Woman), and he desires for this to be represented when believers gather together. Women cover their heads to show this order. Head coverings are a sign of submission and represent God's ordained structure of headship.

*"3But I want you to understand that the **head of every man is Christ**, and the **head of the woman is man, and the head of Christ is God**."*

Head covering is an act of submission during prayer and prophesying, as only Christ should be honored in the Church. This is demonstrated by the man leaving his head uncovered and a woman covering her head.

The woman covers her head to cover the man's glory, which she is. The man leaves his head uncovered for Christ's glory to be the only visible glory in worship, since man is the glory of God. When a man covers his head in worship, he covers God's glory.

7 A man ought not to cover his head, since he is the image and glory of God; but the woman is the glory of man.

When a woman covers her head in worship, she is essentially honoring Christ by allowing his glory alone to be visible in the Church. It is a great mystery and joy, and not an act of shame or dishonor. Paul says it is a shame when a woman leaves her head uncovered in worship because she is inadvertently making herself equal to the man. By so doing, she is exulting man rather than Christ, and robbing Christ of his glory as head of the church.

Paul's appeal to nature, creation order, gender, and angels.

Paul also appealed to **nature**, **creation order**, **gender**, and **angels** in his teaching on head covering. These things transcend all cultures and generations

Women cover their heads as an act of submission due to their order in creation after man. The woman was created for man and not vice versa. Paul also likened the spiritual symbol of the head covering to the natural covering of a woman's hair, which distinguishes her from the man.

*4 Every man who prays or prophesies with his head covered **dishonors his head**. 5 And every woman who prays or prophesies with her head uncovered **dishonors her head**, for it is just as if her head were shaved.*

*7 A man ought not to cover his head, since he is the image and glory of God; but the woman is the glory of man. 8 **For man did not come from woman, but woman from man**. 9 Neither was man created for woman, but woman for man. 10 For this reason, a woman ought to have a sign of authority on her head, **because of the angels**.*

*14 Doesn't **nature** itself teach you that if a man has long hair, it is a disgrace to him, 15 but that if a woman has long hair, it is her glory? For long hair is given to her as a (natural) covering.*

(Paul uses hair to demonstrate that even in nature, the woman has hair to differentiate herself from man because her hair is her natural covering and glory.)

Because of the angels

10 For this reason, a woman ought to have a sign of authority on her head, ***because of the angels****.*

Paul also mentions that the woman should have a head covering because of the angels. Angels, too, are witnesses to our submission to God's order during worship. Paul says in verse 10 that a woman ought to have power (a sign of authority) on her head because of the angels.

God's angels

There are many interpretations of the angels' reference. **God's angels** always attend any place or meeting where prayer or God's word is being proclaimed. Angels are servants of God (*Matthew 4:11, Hebrews 1:7*) and ministers to men (*Hebrews 1:14). Being fully submitted servants of God, they should witness our submission to God,* too.

"Above Him stood seraphim, each having six wings: with two wings they covered their faces, with two they covered their feet, and with two they were flying. And they were calling out to one another: "Holy, holy, holy is the LORD of Hosts; all the earth is full of His glory." Isaiah 6:2-3

Fallen angels

Another possible reference could be the **fallen angels**. We know that Satan is always looking for an opportunity to accuse us before God and desires for men and women to come out from under submission to God's headship structure, just as he did. This is demonstrated when Satan approached Eve and tempted her, leading her to eat the forbidden fruit in the Garden of Eden.

Satan deliberately bypassed Adam's authority as Eve's husband and head and approached Eve directly, deceiving her. This was the first act of rebellion against God, and it specifically involved a rebellion against God's ordained order of authority. Eve should have deferred to her husband, since he had received the instructions regarding the tree, and she was his helper. But instead, she took an authoritative decision that was not hers to make, listened to the devil, and was deceived.

"Now the serpent was more crafty than any beast of the field that the LORD God had made. And he said to the woman, "Did God really say, 'You must not eat from any tree in the garden?'" The woman answered the serpent, "We may eat the fruit of the trees of the garden, but about the fruit of the tree in the middle of the garden, God has said, 'You must not eat of it or touch it, or you will die.'" "You will not surely die," the serpent told the woman. "For God knows that in the day you eat of it, your eyes will be opened and you will be like God, knowing good and evil." When the woman saw that the tree was good for food and pleasing to the eyes and that it was desirable for obtaining wisdom, she took the fruit and ate it. She also gave some to her husband, who was with her, and he ate it." Genesis 3:1-6

When we submit to God, we make a statement to angels and display God's wisdom in salvation

When women cover their heads in worship, they make a silent statement to Satan that they are submissive to God, where Eve was not, and where he is not. It is a great statement because Satan wants us to be insubordinate to God, like he was. May God help us to understand this beautiful symbol and its deep meaning.

"His purpose was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, according to the eternal purpose that He accomplished in Christ Jesus our Lord." Ephesians 3:10-11

It is not far-fetched, therefore, to consider that Paul may have been referring to both good and evil angels in his statement. Angels are very interested in all matters of salvation and are always watching.

"*For I think God has displayed us, the apostles, in last place, like men condemned to die: We have become a spectacle to the world, both to angels and to people."1 Corinthians 4:9*

"It was revealed to them that they were not serving themselves, but you, when they foretold the things now announced by those who preached the gospel to you by the Holy Spirit sent from heaven. Even angels long to look into these things." 1 Peter 1:12

Head covering in church history.

All through church history, churches by and large practiced head covering until around the 1950s/60s. This was mainly due to the rise of feminism and the women's rights movement, and the increasing influence of modern culture on the Church.

We should ask ourselves if all Christians before this were wrong to practice head covering. Is the Bible wrong? The widespread practice of churches abandoning this practice is one of ignorance, presumption, rebellion, worldliness, and a sign of the times. God never forgets and never changes His mind. Although it has become common not to practice head covering, it is still a part of scripture, and God notes the disobedience even if it is widespread.

The neglect of this biblical practice should give us pause. Why does this practice attract so much opposition? Could it be that the enemy has come in subtly to deceive us into ignoring this symbol of headship so that Christ is robbed of his glory in the Church? Could this be one of the reasons why headship itself is under attack in both the church and Christian families? Might it be one of the reasons why feminism and women's demands for 'equality' have infiltrated the Church and made it look like the Bible is anti-women? Could it be one of the reasons why biblical gender roles are being despised, rejected, and gender lines have become so blurred even among believers? This is food for thought for all of us, men and women.

"The wearing of a head covering during Pentecostal worship was the normative practice from its inception; in the 1960s, "head coverings stopped being obligatory" in many Pentecostal denominations of Western Europe, when, "with little debate," many Pentecostals had absorbed elements of popular culture." copied from Wikipedia

Should head covering be practiced full-time or only during worship?

To be honest, I have struggled with this one and will not provide a definitive answer for or against full-time covering. But I will list all possible understandings of when to practice head coverings. There are 3 possible views:

1. Only during public worship, when believers gather in church.
2. Any time of prayer and prophecy, not necessarily in the church.

3. Full-time, since we are called to pray continuously, and because submission, gender, and angels are timeless principles.

What is clear is that Paul says women should cover their heads when praying or prophesying, and the context in *1 Corinthians 11 appears* to be in public worship. If a woman chooses to cover her head full-time because she feels she is in full-time prayer mode, then this is fine. But I do believe we should give grace to one another and our different applications of this passage, and not judge one another.

I have linked several resources at the end of this post for further reflection.

Head covering for the glory of God.

I hope this article inspires you to practice and obey this Christian tradition of head covering as a woman and, as a man, not to cover your head during prayer and prophecy. I believe this practice will change your life. All acts of obedience to God carry their unique blessing. The practice of head covering was meant to make clear the divine headship structure instituted by God himself (God, Christ, Man, Woman)—and to distinguish gender roles in the body of Christ, all for the glory of God.

"3But I want you to understand that the head of every man is Christ, and the ***head of the woman is man, and the head of Christ is God****."*

4 Every man who prays or prophesies with his head covered ***dishonors his head (*****Christ), and** 5 *every woman who prays or prophesies with her head uncovered* ***dishonors her head (*****man****), for it is just as if her head were shaved.*

Read 1 Corinthians 11:1-16:

I will allow the passage to speak for itself and ask that you read it slowly, humbly, and with a heart to obey rather than argue. It is pretty clear. If you need more study, look at the Greek of the passage using a strong concordance online. (Bible.hub is a good one for study.)

- 1 You are to imitate me, just as I imitate Christ.
- 2 Now I commend you for remembering me in everything and for maintaining the traditions, just as I passed them on to you.

- 3 But I want you to understand that the head of every man is Christ, and the head of the woman is man, and the head of Christ is God.
- 4 Every man who prays or prophesies with his head covered dishonors his head. (*This verse proves the covering is not hair because men cannot take hair on and off.)*
- 5 And every woman who prays or prophesies with her head uncovered dishonors her head, for it is just as if her head were shaved.
- 6 If a woman does not cover her head, she should have her hair cut off. And if it is shameful for a woman to have her hair cut or shaved off, she should cover her head. (*This verse proves that covering is not hair because Paul would not ask her to be shaved if the covering referred to hair, because he says her hair should be cut off if she has no covering.)*
- 7 A man ought not to cover his head, since he is the image and glory of God; but the woman is the glory of man.
- 8 For man did not come from woman, but woman from man.
- 9 Neither was man created for woman, but woman for man.
- 10 For this reason, a woman ought to have a sign of authority on her head, because of the angels.
- 11 In the Lord, however, woman is not independent of man, nor is man independent of woman.
- 12 Just as a woman comes from a man, so also a man is born of a woman. But everything comes from God.
- 13 Judge for yourselves: Is it proper for a woman to pray to God with her head uncovered? (*It's a shame for a woman to pray uncovered*.)
- 14 Doesn't nature itself teach you that if a man has long hair, it is a disgrace to him,
- 15 But that if a woman has long hair, it is her glory? For long hair is given to her as a covering. (*Paul uses hair to demonstrate that even in nature, the woman has hair to differentiate herself from man because her hair is her natural covering and glory)*
- 16. If anyone is inclined to dispute this, we have no other practice, nor do the churches of God. (*There is no other practice. This is the tradition for all churches, and to not do so is disobedience*.)

The Greek word used for head covering in the earlier part of this chapter is *akatakalypto*, which means to unveil. A Greek study of this passage reveals that Paul is referring to something that is

put on and then removed, not hair but a veil. Verses 4 and 6 also become illogical if the head covering is hair.

The Greek word translated as "uncovered" is *ἀκατακαλύπτῳ* (akatakalyptō); adjective—dative feminine singular; Strong's Greek 177: unveiled, uncovered. Unveiled.

Additional articles and videos for further study

- Head Coverings: A Symbol Of Submission To God Ordained Roles, YouTube Sermon from the bible fellowship
- Head Covering by Watchman Nee
- https://www.westminsterconfession.org/resources/worship/head-coverings-and-decorum-in-worship-a-letter/ by John Murray
- https://www.headcoveringmovement.com/articles/why-didnt-eve-wear-a-head-covering by Jeremy G.
- https://www.westminsterconfession.org/resources/worship/headship-and-worship-notes-on-1-corinthians-112-16/ by Sherman Isbell
- What the Early Christians Believed About The Head Covering– Transcript of cassette sermon by David W. Bercot, 1997
- On Head Coverings by Classical Christianity
- Head covering for Christian women– Wikipedia
- https://theheavenlyhearth.com/2018/10/30/full-time-or-part-time-head-covering/
- (PDF Book) Head Coverings by K.P. Yohannan
- Sermon Series by Milton Vincent on 1 Corinthians 11:2-16 (Part 1-9)

About the Author

Mwendwa Mbaabu is a disciple and servant of Jesus Christ, a teacher, and an author. She is the founder of Awaken the Bride of Christ Ministry and Hand of Hope Outreach.

Through her writings, Bible-based teachings, and outreach work, Mwendwa proclaims the saving gospel of Jesus Christ and helps people grow as disciples of Jesus Christ and find freedom from bondage and deception.

Formerly a backslider turned new-age author, coach, and teacher, Jesus Christ radically delivered and saved her at the age of 41 from a life of demonic bondage, deception, and eternal misery.

Jesus has delivered her from a deeply broken and sinful past littered with severe childhood trauma, years of clinical depression and suicidal ideations, alcoholism, LGBTQ and sexual bondage, spiritual abuse, church hurt, backsliding, self-destructive habits, demonization, and years of New Age spiritual deception, and given her new life in him.

Her mission is to use her past experiences and the complete freedom she has found in Christ to help others find freedom too. If he could do it for her, he can do it for anyone.

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